



Caramelized Bananas



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



203 kcal

SIDE DISH

Ingredients

- ☐ 3 cup bananas ripe
- ☐ 0.8 cup firmly brown sugar light packed
- ☐ 0.5 cup butter
- ☐ 1 tablespoon plus
- ☐ 0.3 cup evaporated milk
- ☐ 1 teaspoon vanilla extract

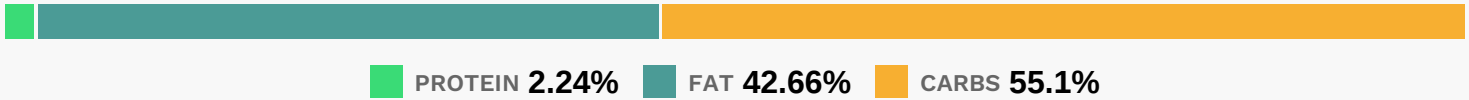
Equipment

- ☐ frying pan

Directions

- ☐ Cut bananas in half crosswise; cut halves in half lengthwise.
- ☐ Melt butter in a large skillet; stir in brown sugar and corn syrup. Bring to a boil over medium heat; stir in milk. Cook, stirring constantly, 1 minute.
- ☐ Remove from heat. Stir in vanilla and, if desired, rum.
- ☐ Add bananas, stirring just until bananas begin to soften.
- ☐ Remove from heat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:5.3, Inflammation Score:-3, Nutrition Score:3.0634782830982%

Flavonoids

Catechin: 2.74mg, Catechin: 2.74mg, Catechin: 2.74mg, Catechin: 2.74mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 202.85kcal (10.14%), Fat: 9.99g (15.37%), Saturated Fat: 6.27g (39.19%), Carbohydrates: 29.04g (9.68%), Net Carbohydrates: 27.87g (10.13%), Sugar: 24.09g (26.76%), Cholesterol: 26.84mg (8.95%), Sodium: 88.35mg (3.84%), Alcohol: 0.14g (100%), Alcohol %: 0.21% (100%), Protein: 1.18g (2.36%), Vitamin B6: 0.18mg (8.83%), Manganese: 0.13mg (6.67%), Vitamin A: 332.51IU (6.65%), Potassium: 211.84mg (6.05%), Vitamin C: 4.07mg (4.94%), Fiber: 1.17g (4.68%), Calcium: 40.92mg (4.09%), Magnesium: 15.95mg (3.99%), Vitamin B2: 0.06mg (3.74%), Phosphorus: 30.36mg (3.04%), Folate: 10.18µg (2.54%), Vitamin B5: 0.24mg (2.38%), Copper: 0.04mg (2.22%), Vitamin E: 0.32mg (2.15%), Vitamin B3: 0.34mg (1.7%), Iron: 0.25mg (1.4%), Selenium: 0.97µg (1.39%), Vitamin B1: 0.02mg (1.32%), Zinc: 0.16mg (1.05%), Vitamin K: 1.07µg (1.02%)